



Iowa Department of Corrections
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VICTIM/SURVIVOR – VOD PREPARATION

VICTIM NAME:

VICTIM EMAIL/PHONE:

MEETING DATES:

This will help you organize your thoughts and gather the information you need to make good decisions. Use separate pieces of paper, if needed, to write your responses to the following questions:

1. If you would, tell me a little about yourself and your family:
2. As you would like, tell me what happened....
3. What was your reaction at the time of this crime?
4. Are you experiencing trauma symptoms now such as nightmares, anxiety, depression, sleep disturbance, difficulty going places or seeing people?
5. Up to this point, what have you participated in that has helped you cope with this crime and the impact on your life?
6. Are there other experiences in your life that have been traumatic? If so, how have you coped with these other experiences?
7. What do you hope to achieve by going through the Dialogue process?
8. Make a list of all the issues/questions or concerns you would like to ask or discuss in the victim/offender dialogue session:
 - a. Looking over your list, what is most important to you about this meeting?

- b. What do you hope the other person will understand?
9. What are your thoughts and feelings regarding the offender?
10. What thoughts and feelings do you imagine the offender has about you?
11. Are you concerned that a Dialogue could be harmful to you? If so, in what way?
12. Rate yourself on the following "Feelings" scale regarding how often you experience these emotions over the past three months:

Depression	Low	Med	High	Not Sure
Anger/Rage	Low	Med	High	Not Sure
Helplessness	Low	Med	High	Not Sure
Frustration	Low	Med	High	Not Sure
Bitterness	Low	Med	High	Not Sure
Fear	Low	Med	High	Not Sure
Guilt	Low	Med	High	Not Sure

13. Do you have any existing medical or mental health issues that might be impacted by the VOD process?
- a. If so, are you currently under the care of doctor or mental health professional?
- b. Do they know you are participating in a VOD?
- c. Have you talked with them about how your involvement in the VOD process may impact your treatment?
14. How do you normally deal with stress?

15. What do you know about the offender in your case?
16. How much do you want to know about the crime? Do you want to know details of what happened, or would you rather not hear about the details?
17. How willing are you to learn about who the offender is as a person?
18. How does your family feel, or what do they think about you going through this process?
19. Do you have friends that support you in this process? If so, who?
20. Are you willing to participate in counseling/therapy as you go through preparation and as follow-up to the dialogue? Are you already involved in a therapeutic relationship?
21. If you were able to achieve what you want from this Dialogue, how would your life be different?
22. If your expectations are not met, what then? How do you imagine you would handle things if the Dialogue does not go the way you hope?

Think about the following potential "Risks and Benefits" as you consider if this process is beneficial for you:

Potential Risks

1. Bringing up painful feelings related to the victimization.
2. Re-experiencing the trauma and related symptoms.
3. Learning painful new information about details related to the crime.
4. Not seeing the degree of desired remorse in the offender.
5. Unrealistic expectations in regard to the offender's rehabilitation.

Potential Benefits

1. Expressing anger and pain directly to the person responsible for it.
2. Learning new information about the crime that is needed.
3. Seeing remorse in the offender.
4. Experiencing a greater sense of peace.
5. Feeling more powerful and in control of one's life.